



BLOG

Panic Attack or Panic Disorder? Signs to Know

Body Signs of Panic

- Pounding or racing heart
- Sweating, chills or trembling
- Trouble breathing or dizziness

Signs It May Be Panic Disorder

- Attacks that come out of the blue
- A month or more of worry about the next one
- Avoiding places where attacks happened

When to Get Help

- Fear is changing how you live
- Chest pain and unsure why? Call 911
- Thoughts of suicide? Call or text 988



Read the full article

Panic Attacks and Panic Disorder: What They Feel Like and What Helps

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.